ONE DRINK
TOO MANY
Alcohol-related Crashes Are The #1
Cause Of Death Among Americans
Between Ages 18 And 30.
WORK, PLAY, LIVE...SAFELY!
Reducing
Mishaps
50%
Naval Safety Center. Critical Days of Summer 2004

PART I
THE FACTS ABOUT
DRINKING AND DRIVING:
HOW IT AFFECTS YOU
AND THOSE AROUND YOU

.08 Law of the Land

AS OF JULY 2004, ALL U.S. STATES HAVE .08 BAC LAWS

Why .08 BAC?

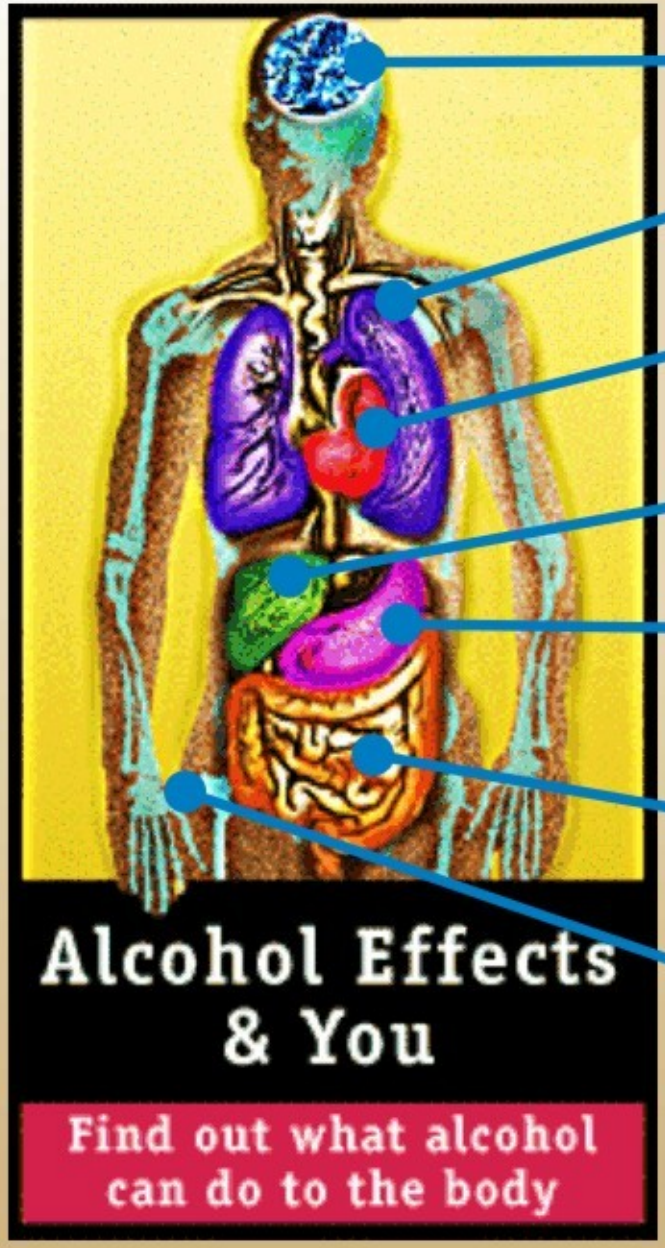
In single vehicle crashes, the relative fatality risk for drivers with BACs between .05 and .10 is over 11 times greater than for drivers with a BAC of zero.

BAC Limit Saves Lives!

As your Blood Alcohol Content level rises, so does your risk of being involved in a fatal crash.

Sources: National Highway Traffic Safety Administration and National Safety Council

Alcohol Effects & You



BRAIN. Impaired brain function

LUNGS. Infection; breathing can stop

HEART. Irregular heart beat

LIVER. Alcoholic hepatitis and cirrhosis

STOMACH. Stomach irritation, peptic ulcers, bleeding lesions, and cancer

INTESTINES & PANCREAS. Intestinal tract & colon damage, inflammation, ulcers, and cancer; inflamed pancreas

BONES & MUSCLES. Weaker and thinner bones (osteoporosis); weaker and uncoordinated muscles

Source: VA ABC Department

Naval Safety Center. Critical Days of Summer 2004

Myths & Facts

Myth: "I know when I'm too drunk to drive."

Fact: Your driving skills can be seriously compromised even when your behavior is not observably "drunk."

Myth: "I only had one drink."

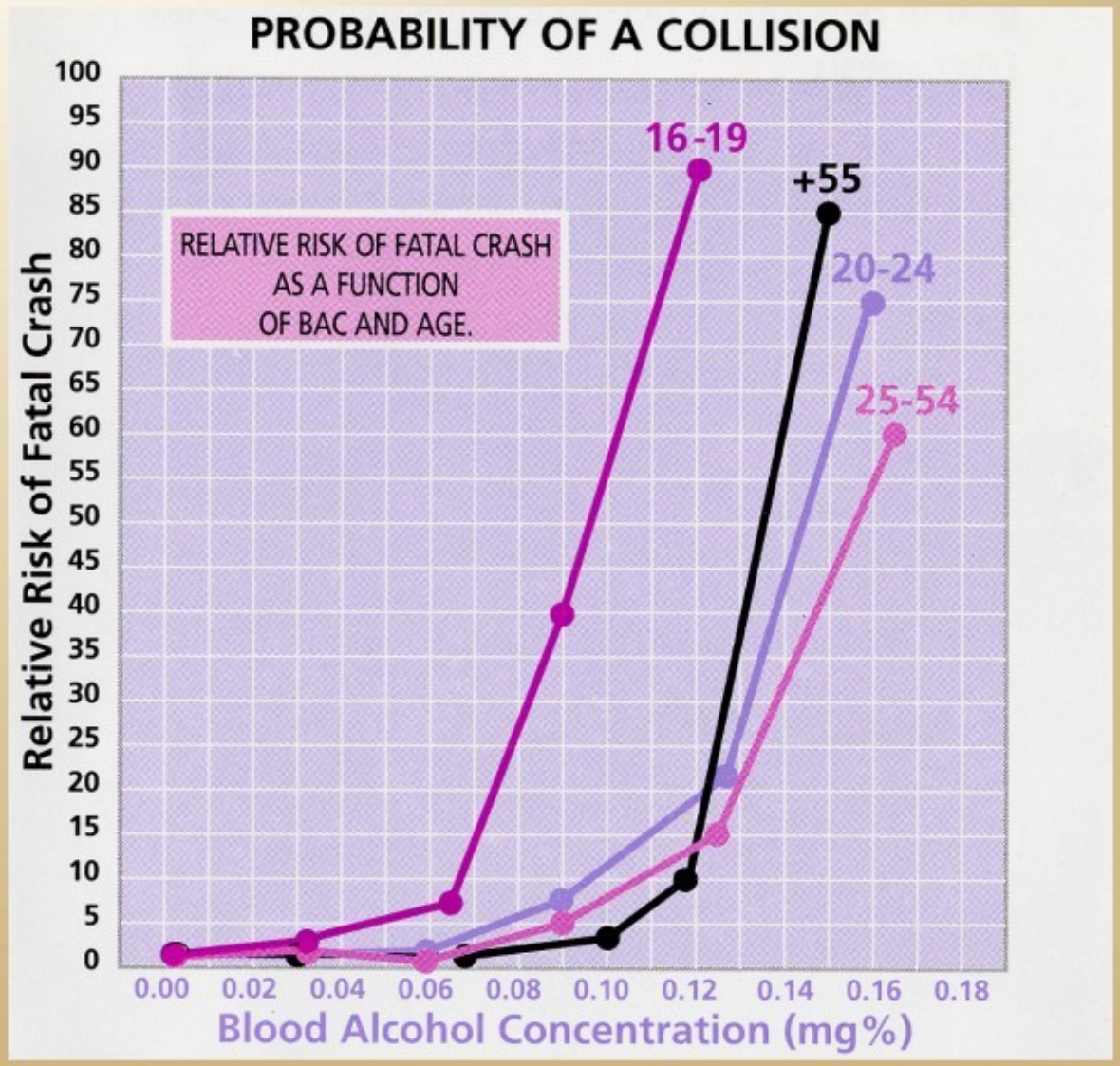
Fact: One drink can be one too many, since alcohol absorption starts immediately. Several factors such as strength of drink, rate of consumption, body size/weight, food, gender, and drug use can affect the outcome of even one drink.

Myth: "Black coffee and fresh air will sober me up."

Fact: All the age-old remedies - black coffee, cold showers, fresh air, and exercise - are useless. Only time will sober you up.

Naval Safety Center. Critical Days of Summer 2004

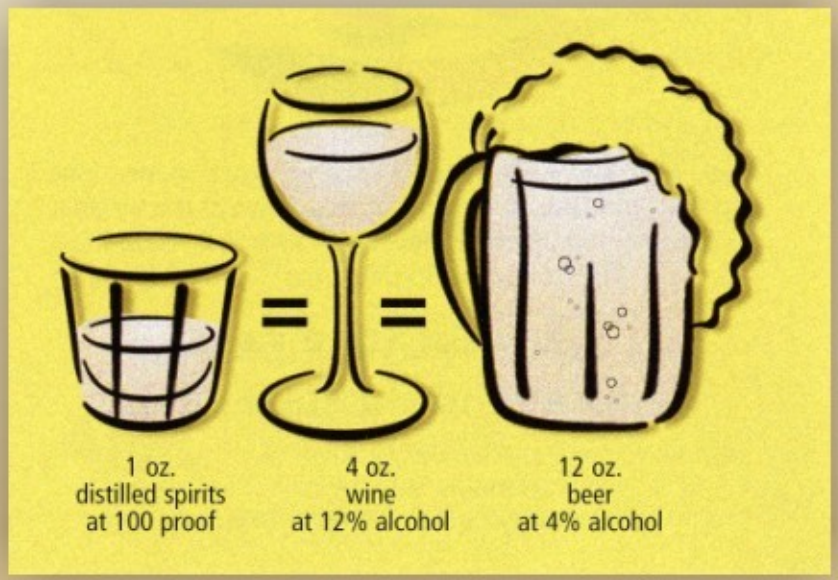
Probability of a Collision



The greater the blood alcohol concentration, the greater the risk of being involved in a fatal crash.

Source: AAA Traffic Safety Department
Naval Safety Center. Critical Days of Summer 2004

Do You Know How Much You Are Drinking?



One oz. of distilled spirits, one 4 oz. glass of wine, one 12 oz. beer all contain the SAME amount of alcohol.

A drink with 80-proof liquor would contain 40% PURE alcohol.

A woman who consumes 2 oz. of liquor will experience about the SAME effects as a man who consumes 4 oz.

Sources: VA ABC Department & AAA Traffic Safety Department

IMMEDIATE COST:

Towing	$100
Lawyer	$3,500
Fine	$400
Alcohol Education Course	$100
Court Fees	$400

LONG-TERM COST:

Insurance Surcharge	$1,500
License Re-instatement	$1,000

TOTAL MONETARY COST: $7,000

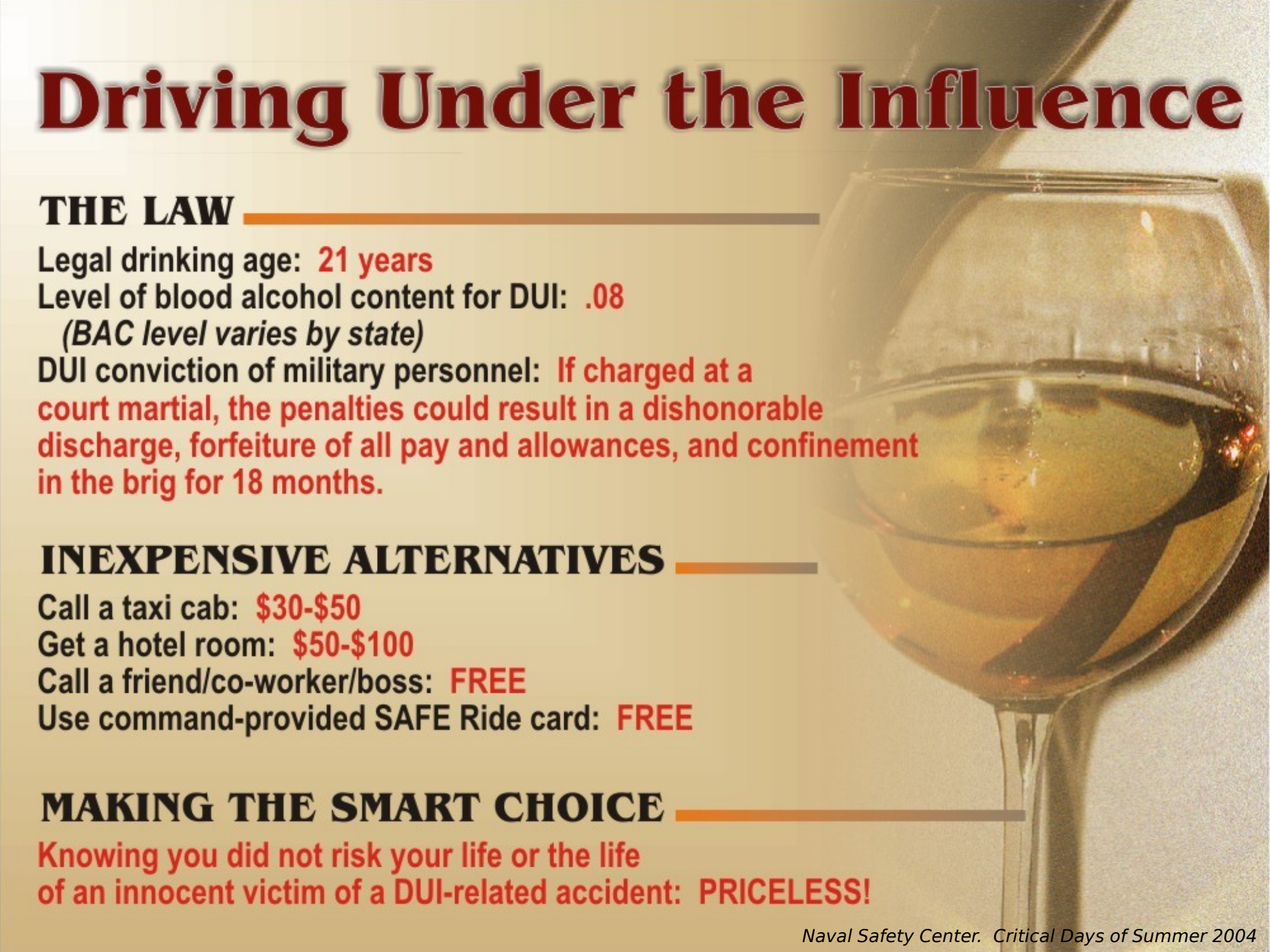
Charges and fees vary by state.

OTHER COST:

Impact on career and personal embarrassment to family and friends.

Source: Community Traffic Safety Team

Driving Under the Influence



THE LAW

Legal drinking age: 21 years
Level of blood alcohol content for DUI: .08
(BAC level varies by state)
DUI conviction of military personnel: If charged at a court martial, the penalties could result in a dishonorable discharge, forfeiture of all pay and allowances, and confinement in the brig for 18 months.

INEXPENSIVE ALTERNATIVES

Call a taxi cab: $30-$50
Get a hotel room: $50-$100
Call a friend/co-worker/boss: FREE
Use command-provided SAFE Ride card: FREE

MAKING THE SMART CHOICE

Knowing you did not risk your life or the life of an innocent victim of a DUI-related accident: PRICELESS!

Naval Safety Center. Critical Days of Summer 2004

A Deadly Combination

+

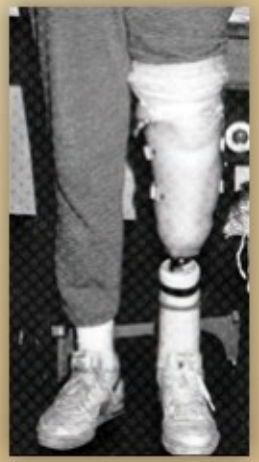
=

Drinking while fatigued will compound the effects of alcohol and contribute to an individual's level of impairment.

If You Survive A DUI-Related Crash & Live...

CRUTCHFIELD TONGS ARE SCREWED DIRECTLY INTO THE SKULL TO PREVENT MOVEMENT.

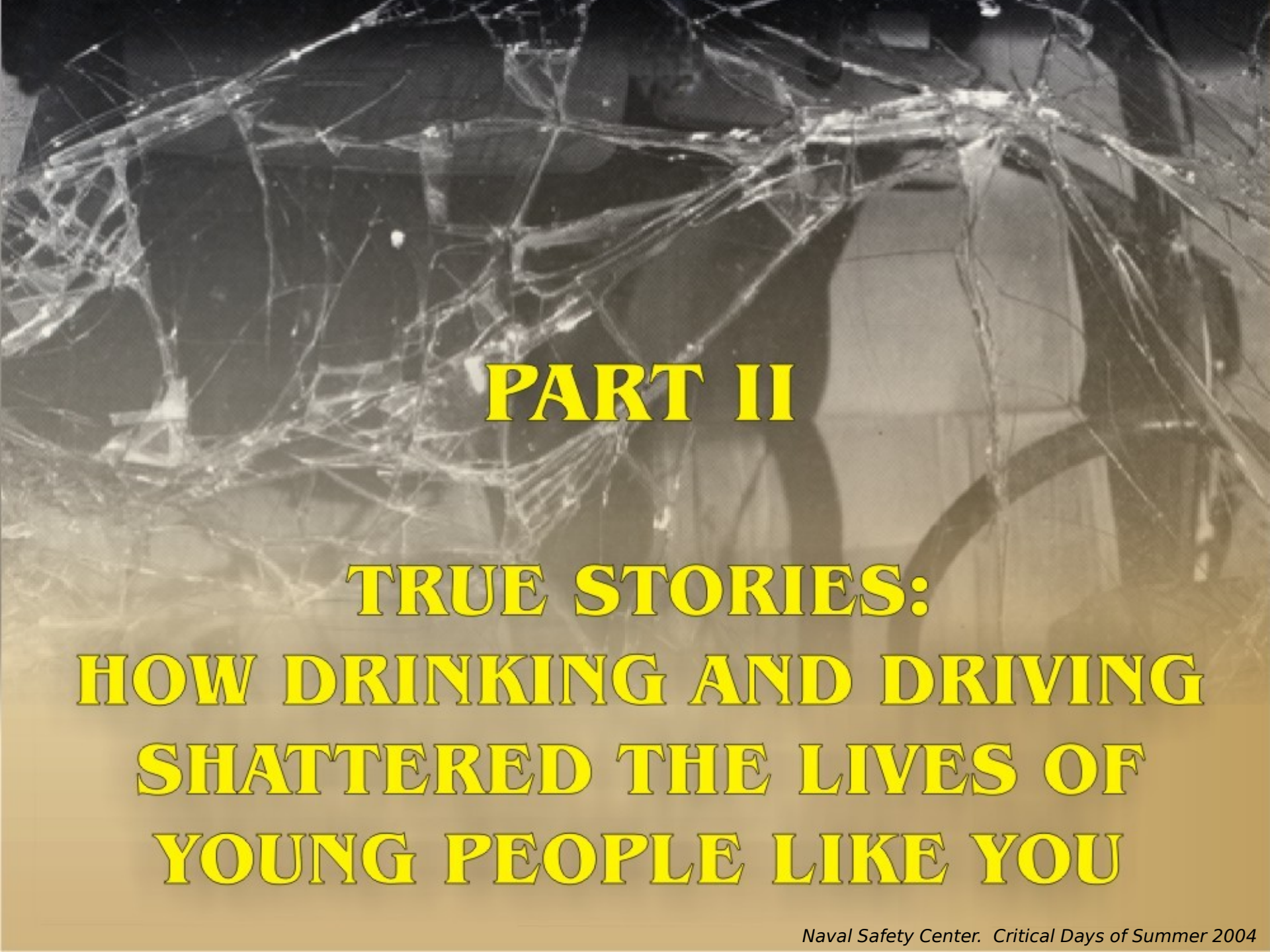
A TRACTION BED PREVENTS SORES.



These devices are often used in the emergency department to repair the ravages of drinking and driving crashes.

AN ARTIFICIAL LIMB REPLACES AN AMPUTATED LEG.

Source: Emergency Nurses Care, Inc. (Affiliate of Emergency Nurses Association)



PART II

TRUE STORIES: HOW DRINKING AND DRIVING SHATTERED THE LIVES OF YOUNG PEOPLE LIKE YOU

Naval Safety Center. Critical Days of Summer 2004

Alcohol, Van, & Speed Don't Mix

Service member was traveling north when his 2000 Chevrolet van ran into the median, struck a street sign and continued into the southbound lanes. The van continued up onto the curb and collided with a brick sign.

Naval Safety Center. Critical Days of Summer 2004

Alcohol, Van, & Speed Don't Mix

The driver had to be cut out of the vehicle. Member had a torn aorta with an open wound to the knee and thigh. The member underwent surgery and remained in critical condition. A second surgery followed to amputate the left leg at the knee due to the onset of gangrene.

Member passed away seven days after the crash.

Naval Safety Center. Critical Days of Summer 2004

Alcohol, Van, & Speed Don't Mix

Although the service member was wearing safety restraint, the impact of the crash and the injuries sustained contributed to a loss of life.

Naval Safety Center. Critical Days of Summer 2004

Unsafe at High Speed

This mishap involved a Ford Mustang that may have been racing. This is the front end which was crunched down to two to three feet after wrapping around a power pole.

Naval Safety Center. Critical Days of Summer 2004

Unsafe at High Speed

The speed was estimated to be traveling 90-95mph when it struck a power pole causing the vehicle to split in half and instantly killing the driver, a 32-year-old Navy Petty Officer.

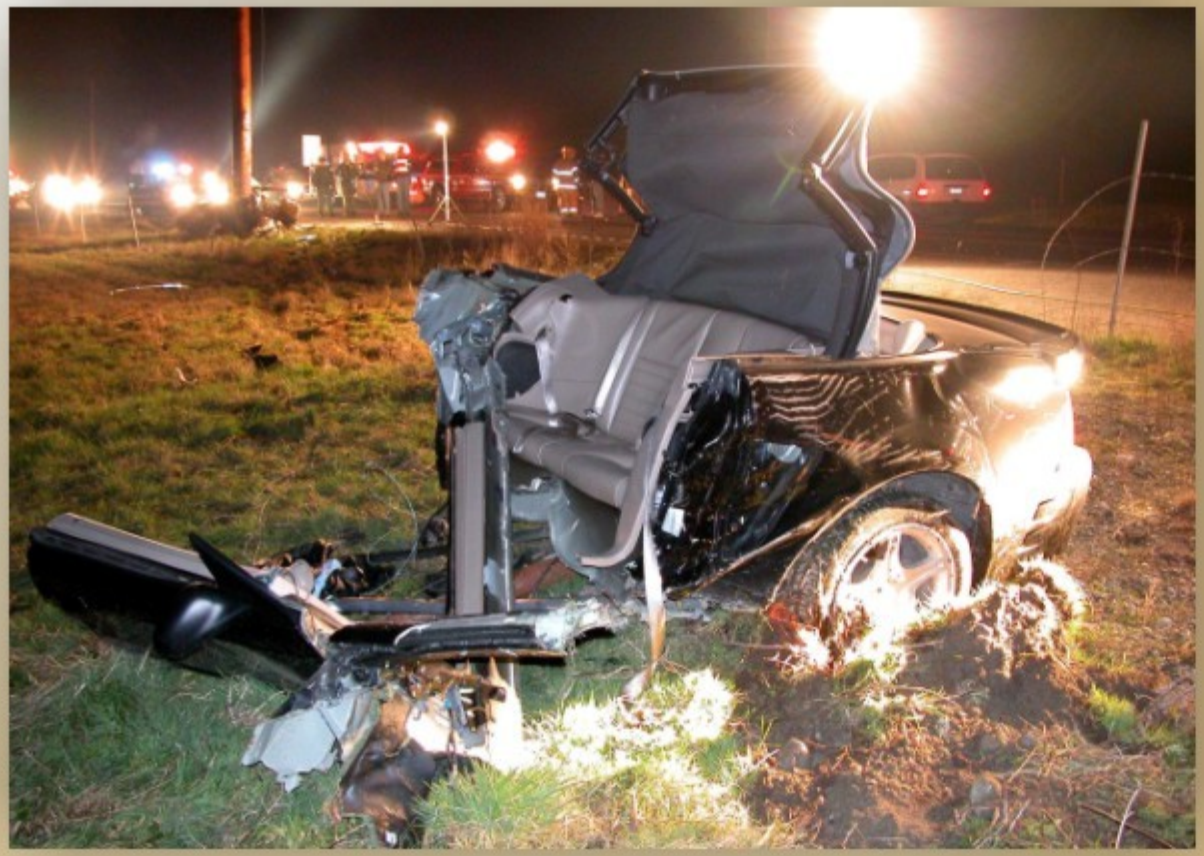
Naval Safety Center. Critical Days of Summer 2004

Unsafe at High Speed

Four service members were in this vehicle.
The state toxicology determined the operator's BAC at the time of the mishap was more than twice the legal limit of .08.

Naval Safety Center. Critical Days of Summer 2004

Unsafe at High Speed



The front-seat passenger, who sustained non-life threatening injuries, was ripped out of the seat and dragged with the rear-end of the wreckage. The rear half of the car, with two passengers seat belted in along with the front-seat passenger, traveled through a barbed wire fence and approximately 100 feet across a grass field before coming to rest.

Naval Safety Center. Critical Days of Summer 2004

Our Sailors and Marines At Risk

NATIONAL STATISTICS

- Two out of every five people will be involved in an alcohol-related crash in their lifetime.
- In 2003, alcohol was a contributing factor in 40% of all motor vehicle fatalities.
- Every day, 13 people between the ages of 16 and 24 die in an alcohol-related crash.
- Alcohol-related motor vehicle crashes cost America $34.1 billion in 2002.

Source: National Safety Council

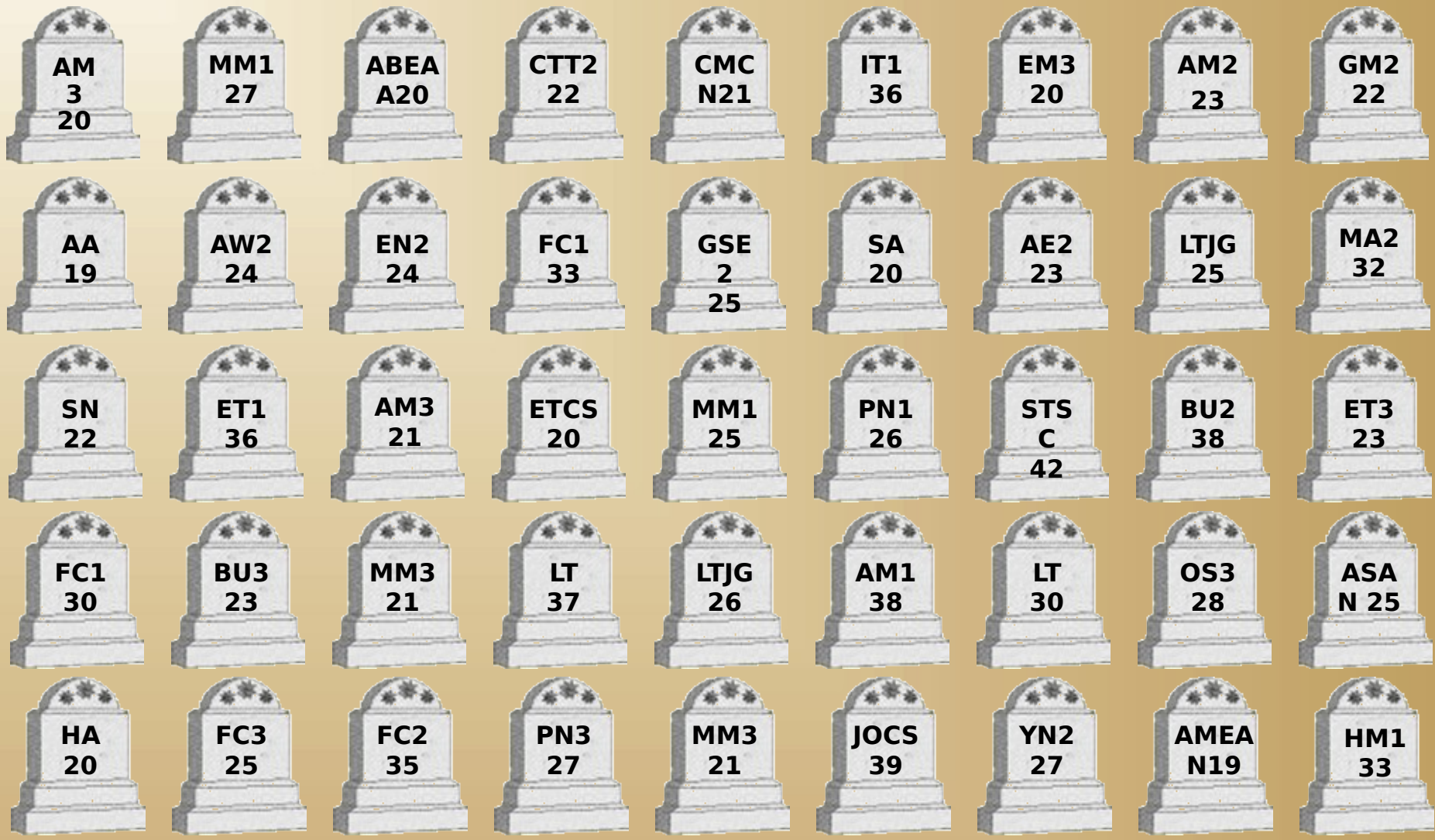
NAVY-MARINE CORPS FACTS

- 251 Sailors and 212 Marines died in automobile crashes in FY00-FY03.
- In FY00-03, alcohol-related fatalities consisted of 35.9% Sailors and 25% Marines.
- In 2004, Congress amended the UCMJ to lower the BAC to .08.
- 66 Sailors and 45 Marines under 26 accounted for alcohol-related fatalities in FY00-03.

Naval Safety Center. Critical Days of Summer 2004

Too Young To Die

Here Lies Someone's Son, Daughter, Mother, Father or Friend



Naval Safety Center. Critical Days of Summer 2004

Perspective

"In 1968, we lost 99 American Sailors in USS *Scorpion*, which we think of as a national disaster; while we lost 103 Sailors and Marines in PMV accidents in 1998, and call it our 'best year'!"

Robert B. Pirie
Acting Secretary of the Navy
20 January - 24 May 2001

There are no memorials to honor service members who died in car accidents.

Why Do We Accept PMV Accidents?

Naval Safety Center. Critical Days of Summer 2004

50% Mishap Reduction

Naval Safety Center. Critical Days of Summer 2004

How To Spot A Drunk Driver

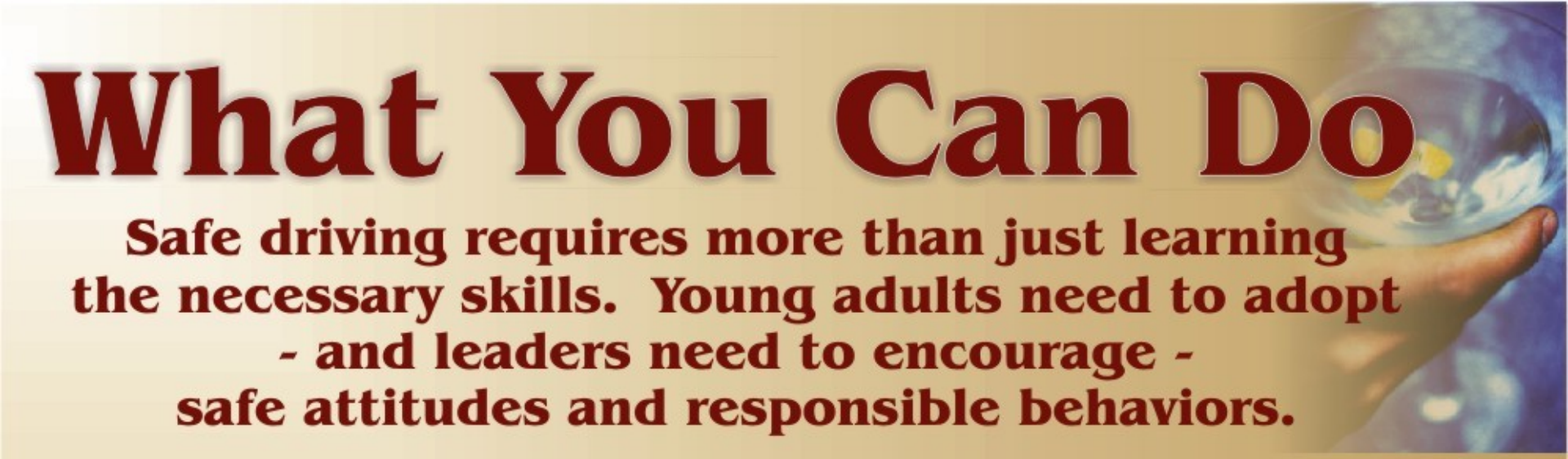
When a drunk driver is on the road, we are all at risk...

Warning signs to look for while you are driving:

- Drifting, weaving, or hitting curbs
- Speeding or driving too slowly
- Giving inconsistent signals
- Breaking erratically
- Stopping for no apparent cause
- Driving with the window rolled down in cold weather
- Tailgating and passing dangerously close to other cars
- Making wide turns and hitting objects near the road

Naval Safety Center. Critical Days of Summer 2004

What You Can Do



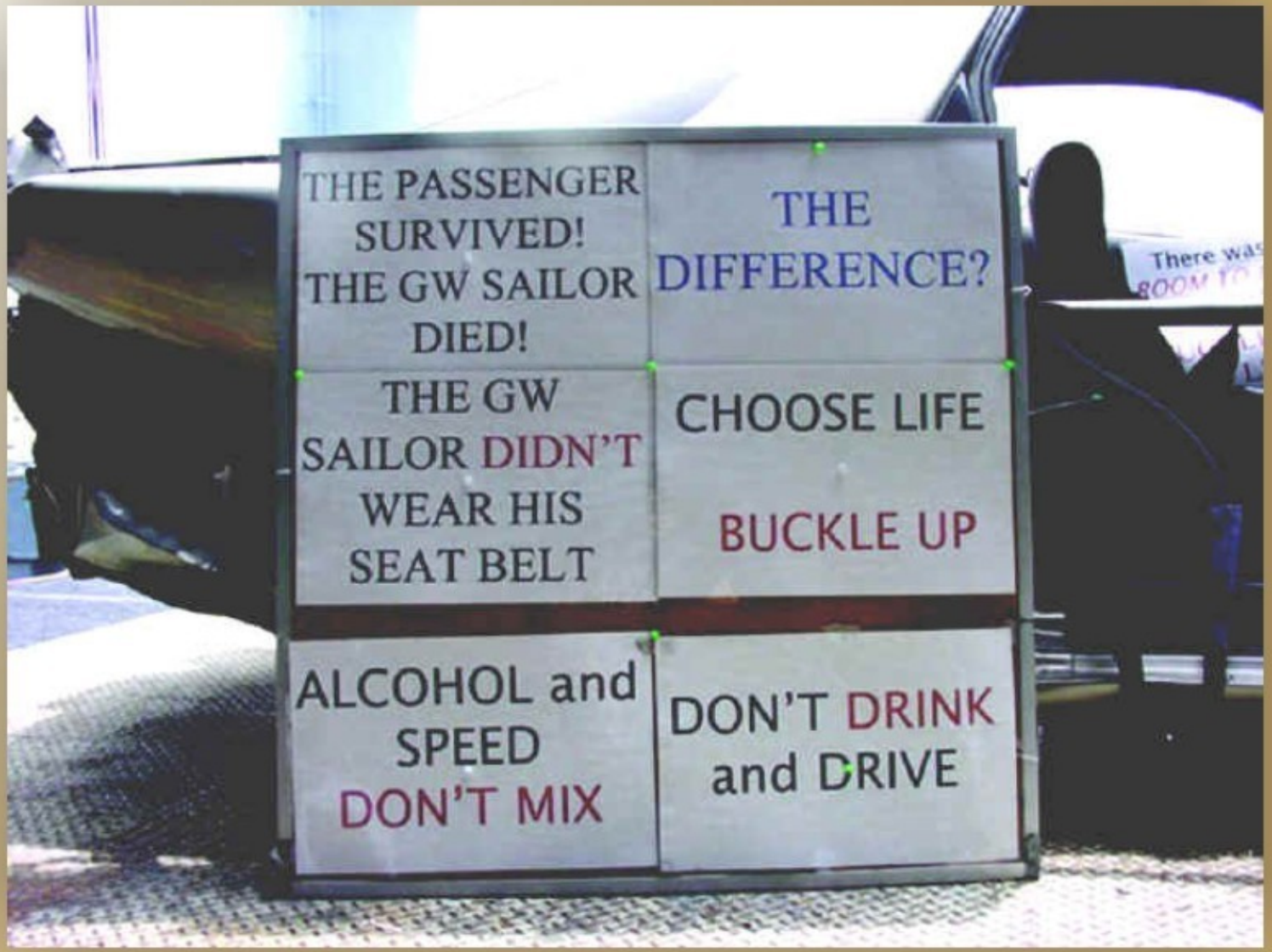
Safe driving requires more than just learning the necessary skills. Young adults need to adopt - and leaders need to encourage - safe attitudes and responsible behaviors.

- Adopt a None for the Road campaign at your command.
- Designate a "duty" driver when going out with friends.
- Ask to spend the night if at a home party.
- Do not give in to peer pressure. Use best judgment.
- Call for a ride or set up a Taxi Ride program.
- Serve non-alcoholic drinks at your party.
- Call #77 to report a drunk driver on the highways.

None for the Road is Best!

Naval Safety Center. Critical Days of Summer 2004

Commands Can Raise Awareness


THE PASSENGER SURVIVED! THE GW SAILOR DIED!
THE DIFFERENCE?
THE GW SAILOR DIDN'T WEAR HIS SEAT BELT
CHOOSE LIFE
BUCKLE UP
ALCOHOL and SPEED DON'T MIX
DON'T DRINK and DRIVE

Adopt an anti-drunk-driving campaign at your command.

Naval Safety Center. Critical Days of Summer 2004

Make It A Great Party!

A Host's Guide to Good Times and Good Friends

When serving alcoholic beverages, serve food.

Offer non-alcoholic beverages.

Serve each guest one drink at a time.

Serve "measured" drinks.

Stop serving alcohol at least one hour before the party ends.

Help your guests get home safely.

Courtesy of Anheuser-Busch, Inc., O'Doul's Malt Beverage

Visit Our Website for More Resources

http://safetycenter.navy.mil/seasonal/criticaldays.htm

To Contact A Safety Center Staff Member

757-444-3520 DSN 564

E-mail:

firstname.lastname@navy.mil

Make Risk Management Your Way of Life.